

## 5 A Day Recipes

### Desserts

#### Iced Raspberry Mousse

**Serves 6**

- 2 envelopes unflavored gelatin
- 1 pkg (425 g) frozen raspberries in light syrup or 2 cups pureéd raspberries
- ½ tsp. grated orange rind
- ½ cup granulated sugar
- ½ cup water
- ¾ low fat plain yogurt
- 3 egg whites
- Garnish: Fresh raspberries, mint leaves, flowers

In saucepan or microwave safe dish, sprinkle gelatin over water; let stand for 5 minutes to soften. Heat over low heat or microwave at medium (50%) power for 50 seconds or until gelatin has dissolved. In food processor or blender, puree raspberries (if using unsweetened, add about ¼ cup/50 mL sugar).

Transfer to bowl and stir in gelatin mixture, yogurt and orange rind. Refrigerate until mixture begins to set or is consistency of raw egg whites. In large bowl, beat egg whites until soft peaks form. Gradually add sugar, beating until stiff peaks form. Whisk about ¼ of beaten whites into raspberry mixture; fold in remaining whites. Divide among prepared dishes. Cover and refrigerate for at least 1 hour before serving. Garnish with raspberries, fresh mint and flowers.

#### Nutritional Analysis

Calories: 130  
Cholesterol: 1 mg  
Fiber: 5 g  
% Calories from Protein: 15%  
% Calories from Carbohydrates: 79%  
% Calories from Fat: 6%

This is an official 5 a Day recipe, and provides six people with one serving of fruit each.